

## Bliss Carman Middle School

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Principal: John Hamilton  
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September 2011

Dear Parents/Guardians:

We are pleased to inform you that we will shortly be teaching the prescribed *Health Education Curriculum, Grade 8*. The curriculum consists of four strands shown on the attached page entitled Health Curriculum at a Glance: Summary of Learning Outcomes for Grades 6-8. More information on the program is available at <http://www.gnb.ca/0000/publications/curric/hcgr8.pdf>

Keeping children safe and healthy is of great importance to both parents and educators. Healthy students are more productive students and are more likely to grow up to be healthy, happy adults. The intent of the curriculum is to assist and support parents in teaching their children knowledge and skills to promote health. All of the information is developmentally appropriate for children and builds on what they have learned in previous grades. The curriculum supports the development of skills to make healthy choices.

The Growth and Development strand of the curriculum is based on three surveys involving parents, teachers and students across the province. Over 4200 parents, more than 330 teachers and in excess of 2400 students provided feedback on a variety of sexual health issues. The final document represents, in a measured manner, the essential elements that were asked for by all three groups. The Growth and Development strand of the New Brunswick Health Education Curriculum document(s) emphasizes that abstinence from all sexual activity that involves risk is the best and only truly safe health choice for adolescents. Students who do decide to become sexually active now or in the future need information about the effective use of protection against pregnancy and sexually transmitted infections. Classes do not encourage students to become sexually active nor do they include teaching about sexual techniques.

We encourage you to talk with your children about what they are learning in Health and to contact the school if you need further information. Your interest and support are greatly appreciated.

Sincerely,

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If you **DO NOT** wish to have your child participate in the Growth and Development strand, or a particular part of it, then please complete the form below and return it to your child's teacher.

I do not wish my son/daughter (name) \_\_\_\_\_ to take the Growth and Development strand of the Grade 8 Health Curriculum. I request that alternative arrangements be made.

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Signature of Parent/Guardian Telephone Number